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# ADAPT 4U

Say YES to joining the study ~  
Contact our research team to  
learn more



## ADAPT TEAM

**Abigail Gewirtz, Ph.D., LP**  
Principal Investigator

The ADAPT team is lead by Dr. Abigail Gewirtz, Professor in the Department of Family Social Science and the Institute of Child Development at the University of Minnesota. She is also the Director at the Institute for Translational Research in Children's Mental Health (ITR).

A native of London, England, Dr. Gewirtz received each of her three degrees on a different continent: her Ph.D. in Clinical Psychology from Columbia University, her M.A. at Tel Aviv University in Israel, and her B.Sc. from University College London.

Dr. Gewirtz is an avid runner and outdoor enthusiast. She and her husband enjoy traveling and playing board games with their four kids.

**Dr. Gewirtz's team** is comprised of a dedicated professional research staff, University of Minnesota students, Military and Family Life Counselors, Military Veterans, Military Spouses, Military Service Members, Veteran's Administration staff and other members with a strong interest and background in helping military families.

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**After Deployment:  
Adaptive Parenting Tools  
(ADAPT)**



# ADAPT 4U

- **Are you a military service member, spouse or partner of a service member?**
- **Do you have children between the ages of 5 – 12?**
- **Have you or your partner been deployed overseas since 2001?**
- **Interested in being involved in cutting edge research that will help inform parenting services provided to military families?**
- **Have a desire to contribute to the military community and its families?**

UNIVERSITY OF MINNESOTA  
**Driven to Discover<sup>SM</sup>**

## PROJECT HISTORY

**Over the past decade**, our military forces have been increasingly called upon to protect America in Iraq, Afghanistan, and elsewhere. Military families are remarkably resilient, balancing family life, work, and military service. Deployment can be a stressful experience for families of service members as well as for the service member themselves.

Our research team at the University Minnesota has been working for the past five years, collaborating with the Minnesota National Guard and Reserves, to develop and test parenting resources for families with school-aged children who are dealing with the deployment process.

Since its inception in 2010, ADAPT has partnered with 336 Minnesota military families to learn how to best support families through the stress of deployment and reintegration. This learning has helped the ADAPT team test parenting resources that help promote resilience among already strong military parents and their children.

ADAPT was originally developed as a web-enhanced 14-week group-based program. An ongoing randomized controlled trial, which began in 2010, is showing promising results with improvements in parenting, and couple and child adjustment for those participating in the program.

## OUR CURRENT STUDY - ADAPT4U

**In response** to the need to reach families who – due to geographical or other barriers - may not be able to participate in ADAPT groups, we have recently developed two additional formats for the program: a self-directed online version, and a tele-health, or facilitator-enhanced version of the program, in which parents are guided through the online program with a weekly videoconference from a program facilitator.

The Department of Defense recently funded this new study that we've called ADAPT4U. This research will compare the effectiveness of the three different delivery formats of the ADAPT4U curriculum.

We plan to recruit 360 families living in Minnesota and Michigan to participate in ADAPT4U.

**Families who agree to participate (with at least one parent who deployed overseas in support of OIF/OEF, and who have a child ages 5-12) will be invited to participate in one of the following ADAPT4U delivery formats:**

**Group-Based:** A group of 10-12 families will meet together weekly for 14 weeks with 2 or 3 facilitators who help guide them through the ADAPT4U curriculum. Childcare and homework help will be provided for children while their parents attend the groups.

## ADAPT4U CONTINUED

**Online ADAPT4U:** This self-directed online version of the curriculum will provide families access to our newly developed online curriculum. Families can access this curriculum online from the convenience of their homes at times that are convenient to them. The curriculum includes skill videos, guided skill practice, and knowledge checks.

**Tele-health ADAPT4U:** With this format, families meet individually with a facilitator coach through confidential video-conferencing. ADAPT4U facilitators will guide the families through the 14-week curriculum using the online curriculum and weekly 1-hour meetings.

**Other research activities:** Parents and children will participate in three separate interviews and an online survey over the course of two years in order to help us evaluate the effectiveness of each of the three delivery formats of ADAPT4U. Three of the interviews are conducted in the family's home. During these interviews our staff will have parents and children complete surveys, participate in some puzzles, games, and videotaped conversations among the family members. These activities help us learn directly from families what types of parenting support is most effective.

**Families are compensated up to \$610 for their 2-year participation in this research.**



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